

# Cooking School





# BREAKFAST

**Jump-start Your Day**



# Reasons people skip Breakfast

- „I am not hungry early in the morning.“
- „I don't have time.“
- „I want to loose weight.“
- „Too much work to prepare breakfast.“



# Benefits of a Healthy Breakfast

- ❑ Cut cravings later in the day (regulates weight)
- ❑ Boost your metabolism
- ❑ Helps Lower the "Bad" Cholesterol (LDL)
- ❑ Blood sugar control

[www.livestrong.com](http://www.livestrong.com)



# Benefits of a Healthy Breakfast

- ❑ Missing even one breakfast each week increases your risk of type 2 diabetes by 20 percent, according to a recent study published in the *American Journal of Clinical Nutrition*.
- ❑ From the Harvard University of Public Health found that men who skipped breakfast were 27 percent more likely to be at risk of coronary heart disease.
- ❑ Skipping breakfast encourages more snacking and weight gain.



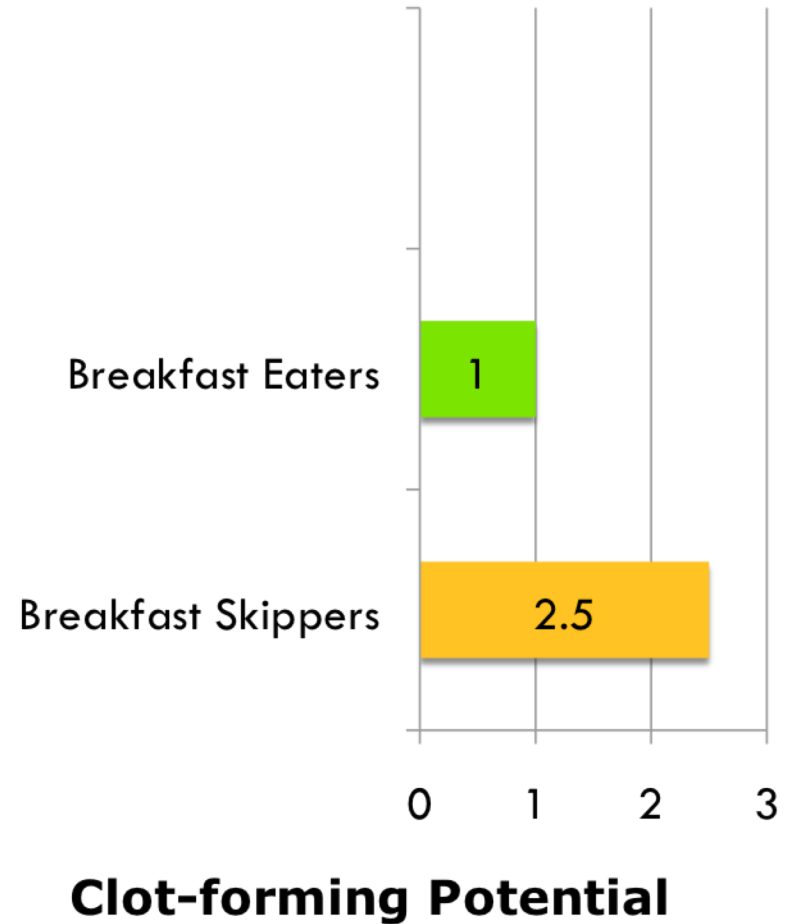
# Benefits of a Healthy Breakfast

- A more nutritionally complete diet – higher in vitamins and minerals.
- More strength and endurance to engage in physical activity.
- Improved concentration and performance in the classroom, and boardroom.
- Can reduce the risk for heart attacks.



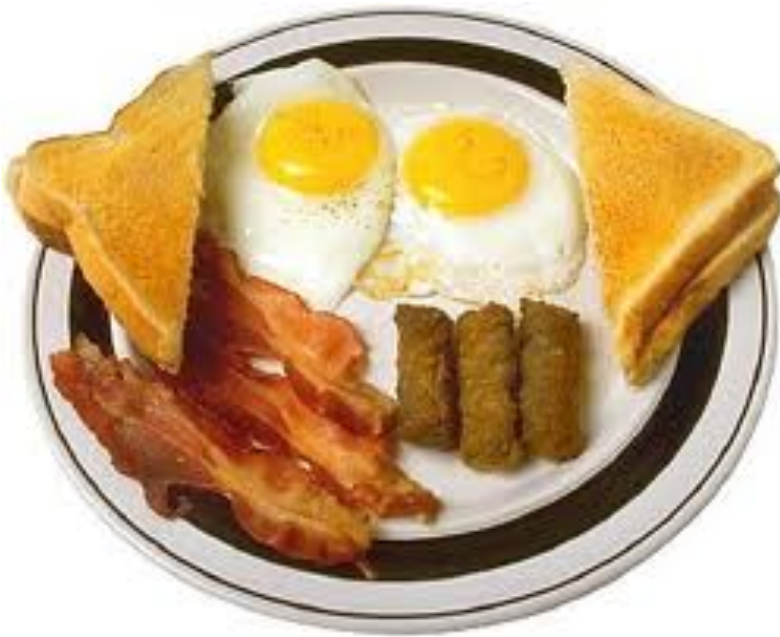


# Reduced Risk of Heart Attacks



# What is a healthy breakfast?

A typical breakfast for you?



# What is a healthy breakfast?

- **Nutrient dense** - whole foods
- **Well balanced** - low in fat, high in fiber
  - Whole grains, bread, hot cereal – high in fiber and carbohydrates
  - Fresh fruit – lots of vitamins and minerals
  - Nuts and seeds - protein, healthy fats, calcium
- **Attractive and delicious**

<http://www.webmd.com>



# What is a healthy breakfast?

Example of a healthy breakfast:

- 2-3 servings of fresh fruits
- 1 slice of whole wheat bread
- a small bowl of hot cereal with cashew milk
- ground flaxseed





# Things to Avoid



- ❑ Refined foods
- ❑ Fried, fatty rich foods
- ❑ Cow's milk
- ❑ Caffeine
- ❑ Inadequately cooked grains

# Hazards of refined foods

- ❑ No Fiber
- ❑ High in Saturated fats
- ❑ No Cancer fighters
- ❑ High in Oxidants
- ❑ High in Sugar



# Things to Avoid



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# Caffeine



- ☐ Coffee
- ☐ Tea
- ☐ Chocolate
- ☐ Pain killers
- ☐ Soft drinks





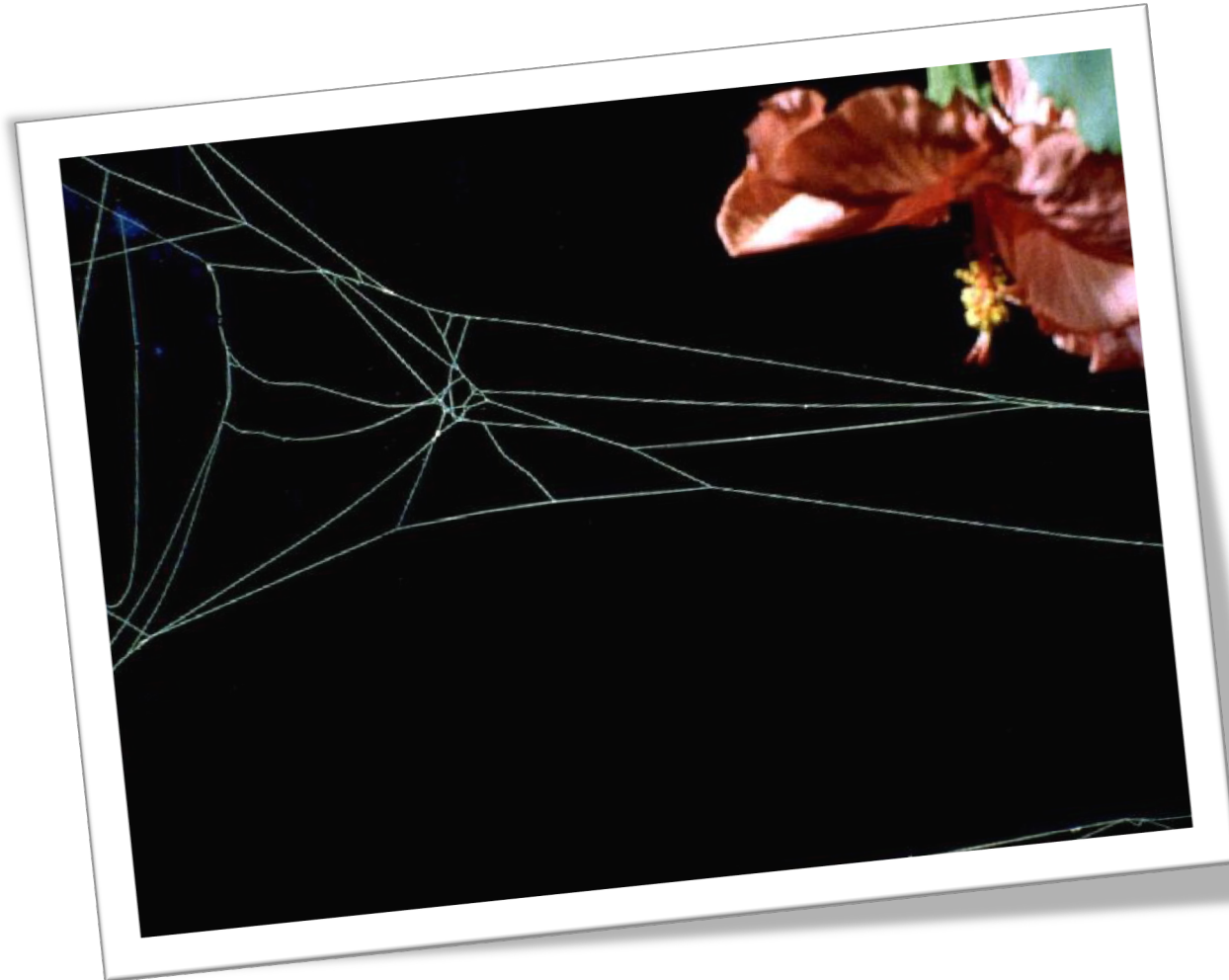
# Orb-building Spider



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# Orb-building Spider



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# Orb-building Spider



# Caffeine

The half-life of caffeine is about 6 hours.

That means if you consume a big cup of coffee with 200 mg of caffeine in it at 3:00 pm, by 9:00 pm about 100 mg of that caffeine is still in your system.



# Caffeine may increase the risk of...

- Cancer
- Gout
- Worsening Diabetes
- Miscarriage
- Lower birth weight in babies
- Nervous fatigue
- Heart palpitations
- Heart disease
- High blood pressure
- Bone loss
- Osteoporosis
- Anxiety
- Mental problems
- Elevated cholesterol levels
- High free fatty acid levels in the blood

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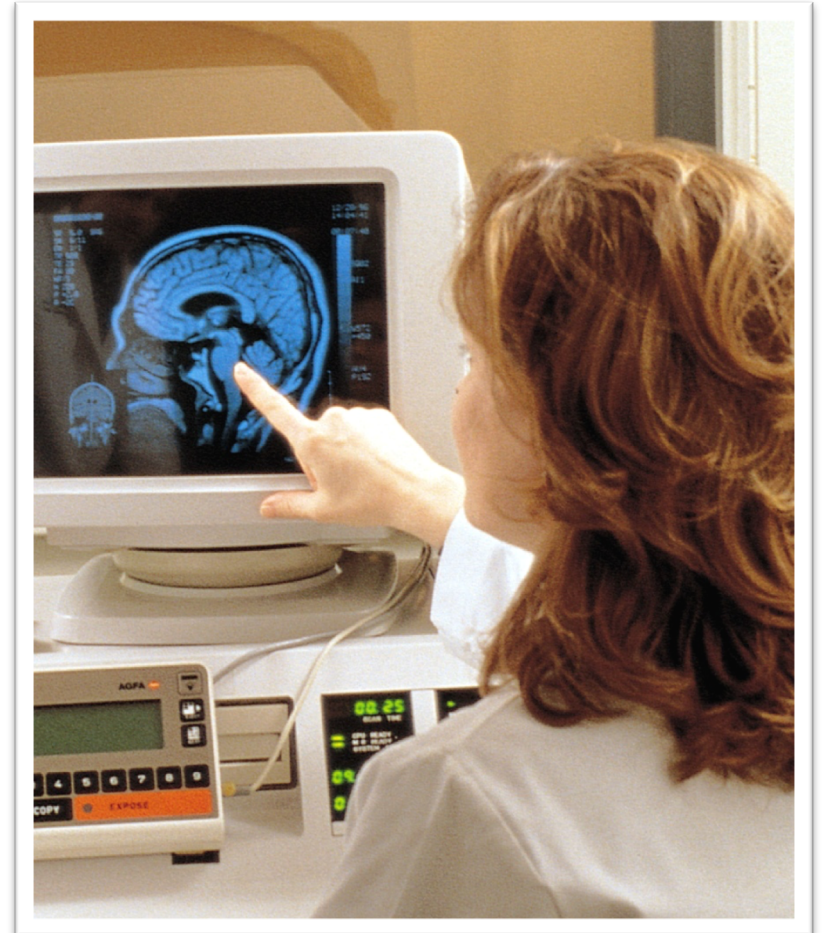
# Cooking Grains

<b>Time required to achieve complete hydrolysis:</b>	
Rolled Oats	90 minutes
Quick Oats	45 minutes
Instant Oats	25-30 minutes
Cracked Wheat	2 hours
Rice	2 hours
Corn Grits	3 hours
Whole Barley, Wheat, Oats	2-3 hours
All other grains	2 – 3 hours

# Lacunar Scarring

Radiologists can detect many tiny lacunar scars in the brains of people over the age of 30. Some scientists believe they are caused by the inadequate cooking of starches.

Medical Hypothesis 1991 (35:85-87)



# Dextrinizing Grains...

- ❑ Breaks down starches
- ❑ Shortens cooking time
- ❑ Aids digestion
- ❑ Improves flavor
- ❑ Prevents Lacunar scarring



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# What about snacking?



- People were given a breakfasts consisting of cereal, toast, fruit and an egg.
- Their stomachs were X-rayed and found to be empty usually in less than 4 ½ hours.



# What about snacking?



Two hours after eating they were given either a peanut butter sandwich, or a piece of pumpkin pie with a glass of milk.

# What about snacking?



One person received a little chocolate candy twice in the morning and twice in the afternoon.

# Unlearning Wrong Habits

“The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.”



# Eating for Strength







**Be imaginative!**



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